

# Hawaii MARINE SPORTS

Hawaii Marine C Section

March 29, 2002



Marines try to excel at everything they do. Although the MCB Hawaii bowling team placed last, the bowlers know what they must do to improve for next year's competition.

## Let's go bowling

### Servicemembers face off for top bowling honors

Story and Photos by  
Sgt. Alexis R. Mulero  
*Combat Correspondent*

The sounds of banging pins are heard daily aboard many military bowling centers on Oahu.

During the week of March 11th through the 15th, this sound was intensified when five teams of bowlers stationed on the island battled for military bowling supremacy during the 5th Annual Hawaii All-Military Bowling Tournament.

The Morale Welfare and Recreation Department at Naval Station Pearl Harbor founded and coordinated this unique five-day event, which united the best bowling airmen, soldiers, Sailors, Marines and retired servicemembers living in paradise.

"Bowlers really enjoy this type of event," said Millie Gomes, coordinator of the tournament and Bowling Center Director at Naval Station Pearl Harbor. "Besides, there is no other tournament like this one for our military servicemembers living on the island."

Each team was composed of six men and four females that are active duty, family members or retired.

To qualify for the Marine team, the members bowled 24 games last month at K-Bay Lanes on MCB Hawaii, Kaneohe Bay. After making the team, the 10 members practiced twice a week for six games a day leading up to the tournament.

"By being able to participate in this tournament, I finally get a chance to represent the Marine Corps," explained Debbie Nelson, a Marine family member living at MCB Hawaii, K-Bay.

American Bowling Conference rules and regulations were utilized for each of the weeks events. Some of the events included a two-man/woman mixed military team, a mixed gender team, team event (female and male), doubles with same gender, and a singles competition.

On the last day of the tournament, all individual and team scores were accumulated, added up, and awards were handed out to the winners during a banquet ceremony celebrated at Naval Station Pearl Harbor Bowling Center.

When all was said and done, our sister service, the Navy, took home first place overall, and the Marines finished last.

"This was a great way to interact with the other services," said Frank Cochrun, human affairs officer for Combat Service Support Group 3. "I got a chance to play with the best military bowlers on the island and that improved my level of play."



**Penny Benson, 1st Radio Battalion, was one of the four female bowlers who represented the Marine Corps at the 5th Annual Hawaii All-Military Bowling Tournament.**



**Jimmy Sumaya, Headquarters Bn., MCB Hawaii, stares at the pins he must knockdown to keep the Marine team in contention.**

# SPORTS BRIEFS

## Slam Dunk Contest

Do you have what it takes to soar through the air and slam dunk a ball? Well, if you think you can meet the challenge, then try your skill at the Slam Dunk Contest March 29. At 6 p.m., before the start of the Intramural Basketball Championship game, a Slam Dunk Contest is scheduled for the first twenty people to sign up. Following the slam fest is the Intramural Basketball Championship game. Come cheer for the highest flying slam dunk star or your favorite players shoot for supremacy. Anyone interested in trying their jamming abilities or for more information on the contest call 254-7591.

## Marine Corps Marathon Registration

The Marine Corps Marathon launched its online lottery registration for the 27th Marine Corps Marathon. This year there is no need to rush on-line as entrants will be picked randomly through a lottery registration. Runners can apply on-line at [www.marine-marathon.com](http://www.marine-marathon.com) now through May 3. Each week, until the deadline, the marathon staff will randomly select a certain number of entrants until the field reaches 16,000 runners. Runners need only apply once, for the application will roll over with each weekly drawing. Once selected, the runners will each receive a confirmation e-mail with a bib number. Plus, the confirmed runners will be posted on the website. Runners should note that the lottery entry is free, but runners will be charged a \$75 registration fee. All entry fees are non-refundable. Members of the Marine Corps Marathon Running Club, those who have completed five or more

marathons, were mailed a guaranteed entry. Runners who wish to run with loved ones or friends, the staff has added a selection in which runners can enter the lottery together, so if that number is chosen the whole group will be entered.

## Basketball Playoffs

The Intramural Basketball league has finished their regular season. Playoffs will begin Monday.. Playoffs will go through out the week and semi-finals will be held on Thursday, with the championship game played March 29. All games will begin at 6 p.m.

## Upcoming Hockey Action

The MCB Hawaii Hammerheads are currently involved in their head to head in-line hockey season with local teams. Saturday the Hammerheads will be at the PMO Hockey Rink. At 8:30 a.m., Bantam division, K-bay Hammerheads will play the Waialae Kahala Sharks. At 9:45 a.m, Squirt division, K-bay Hammerheads will play the Waialae Kahala Sharks. At 11 a.m, PeeWee division, K-bay Hammerheads will play the Hawaii Kai Ducks. Come out and show support for these youngsters as they strive for yet another championship season.

## Make your Goals

Help turn your child’s endless supply of energy into a goal-oriented arena. Youth Activities is accepting applications for the Windward Community Federal Credit Union’s Youth Soccer program April 1 - 30. The season registration fee for Youth Activity mem-

bers is \$30, \$40 for non-members. For age requirements, schedules and additional details, call Youth Activities at 254-7611.

## Oahu Tennis League

The Oahu Tennis League is now registering players for its spring season. The deadline to sign up is April 5. Both singles players and doubles teams are needed for six skill levels. This island-wide league is open to teen and adult players, men and women. The league provides a flexible format allowing players to schedule six matches anytime during the six week period, which begins April 15. Every player has three designated “home” matches and can play at courts of their own choosing. After the , May 27, players who have won three or more matches advance to a single elimination tournament until each division is narrowed to two finalists. The league schedules final matches and awards prizes to the top two finishers in each skill level. The registration fee is \$25 for singles and \$40 for doubles team. For a registration form, call the Oahu Tennis League at 254-3556 or email [siokg001@hawaii.rr.com](mailto:siokg001@hawaii.rr.com).

## Pool Closure

Recreation swim at the K-Bay pool gets temporarily interrupted April 8 - 26 as the Marine Combat Instructor Water Survival School will utilize the pool from 5 - 11 a.m. and 1 - 5 p.m. Monday - Friday. Swimming lessons will be moved to the Hill Top pool. This training will not affect lap swimming. For more information, call Water Safety at 254-7655.

## Batter Up

Camp Smith is getting into full swing-with softball that is. Camp H.M. Smith will host a Softball Intramural Softball League beginning this May. An organizational meeting is scheduled April 9 in Bldg. 9 Room 129 at noon. All team rosters must be submitted to the Camp Smith Athletics Office no later than April 30. A Spring Fling Softball Tournament is also scheduled at Camp Smith April 27 and 28 aboard Bordelon Field at 8 a.m. Entry fee per 15-player team is \$150. Awards will be presented to 1st and 2nd place. The Spring Fling Softball Tourney is open to all authorized military ID cardholders that are 18 years and older. For more information regarding the Intramural Softball League, the Spring Fling Softball Tournament or any other sports at Camp Smith; call Angela Pittman at 477-0498.

## Splash Your Way to Fitness

Make a splash today and get ready for summer with Water Safety’s Water Aerobics class offered at the Base Pool Tuesday - Saturday. Classes are only \$2 per class or purchase a \$15 coupon book (for 10 sessions) available at the pool. This non-weight-bearing workout will sculpt and stimulate your entire body. Water Aerobic classes are free for active duty military Wednesdays and Fridays from 11:30 a.m. - 12:30 p.m. Water Safety is also accepting applications for on-going children’s swimming lessons. For more details on the Water Aerobics classes call Water Safety at 254-7655.

# Base All Stars

**NAME:** Master Sgt. Johnny E. McCray

**BILLET:** Quality Assurance Chief

**UNIT:** MALS-24

**POSITION:** #1 Player

**TEAM:** Kalinka Cup Marine Team

**SPORT:** Golf

**HEIGHT:** 5’ 11”

**WEIGHT:** 195 pounds

• For the past 20 years, McCray has been chasing the ball across the greens and loving every minute of it.

• McCray’s greatest accomplishment was winning the 1989 Navy/Marine Corps Invitational Golf Tournament and finishing 2nd in the 1993 All-Marine Golf Trails.

• His most recent accomplishment was being the top Marine in the Hawaii State Amateur Tour Qualifier.



Gunnery Sgt Rhys Evans

*“That was the best day ever when I placed second in the All Marine Golf Team. It felt really good.”*

# Sports Ticker

<b>Basketball</b>	<b>VP-9 “E’s”</b>	2 LOSS	<b>WARRIORS “B”</b>	5,906 TOTAL PINS
	3 WINS	<b>21ST DENTAL</b>	0 WINS	FRANK COCHRUN
	5 LOSSES	6 WINS	8 LOSSES	5,842 TOTAL PINS
<b>RED DIVISION</b>	<b>ANDERSON HALL</b>	2 LOSSES	<b>Bowling</b>	DAVID RODRIGUEZ
<b>DIRTY THIRD</b>	3 WINS	<b>BASE FACILITIES</b>		5,462 TOTAL PINS
7 WINS	6 LOSSES	5 WINS		JIMMY SUMAYA
1 LOSS	<b>1ST RADIO</b>	3 LOSSES	<b>TEAMS / TOTAL OF</b>	4,968 TOTAL PINS
<b>OLE SCHOOL</b>	2 WINS	<b>SHOW STOPPERS</b>	<b>FALLEN PINS</b>	TERRENCE TOBIN
7 WINS	6 LOSSES	5 WINS	NAVY / 57,348	4,592 TOTAL PINS
1 LOSS	<b>VP-47 TERROR SQUAD</b>	4 LOSSES	AIR FORCE / 54,986	<b>WOMEN</b>
<b>UGLY ANGLES</b>	1 WIN	<b>VP-9 OFFICERS</b>	ARMY / 54,409	
6 WINS	8 LOSSES	4 WINS	RETIRED / 52,708	
2 LOSSES	<b>GOLD DIVISION</b>	5 LOSSES	MARINES / 51,339	5,030 TOTAL PINS
<b>T-WOLVES</b>		<b>MCAF</b>	<b>MARINE / TOTAL PINS</b>	KEIKO COCHRUN
5 WINS		4 WINS		4,478 TOTAL PINS
3 LOSSES	9 WINS	6 LOSSES	<b>MEN</b>	PENNY BENSON
<b>WARRIORS “A”</b>	1 LOSS	<b>KILLERZ</b>	JOSHUA WEAVER	4,450 TOTAL PINS
4 WINS	<b>ISLAND WARRIORS</b>	2 WINS	6,310 TOTAL PINS	MAY CASTEN
4 LOSSES	7 WINS	8 LOSSES	TONY KORTE	4,201 TOTAL PINS

# Avoid athlete’s foot with these important feet skin care tips



**North American Preci**  
**Syndicate**  
*Featurette*

While there are many skin conditions that can affect the feet, athlete’s foot is one of the most common.

Athlete’s foot can be very painful and take away from a healthy, active lifestyle.

However, it is relatively easy to cure, with the help of your podiatric physician.

Athlete’s foot is a skin disease caused by a fungus, usually occurring between the toes.

The fungus commonly attacks the feet because shoes create a warm, dark, and humid environment that encourages fungus growth.

The warmth and dampness of areas surrounding swimming pools, showers and locker rooms are also a likely place to get athlete’s foot.

With more people working out indoors, gym locker rooms are the primary breeding grounds for athlete’s foot.

The signs of athlete’s foot are drying skin, itching, scaling, inflammation and blisters. Itching and burning may increase as the infection spreads. You can prevent athlete’s foot by practicing good foot hygiene.

Daily washing of the feet with soap and water; drying carefully, especially between the toes; and changing shoes and hosiery regularly to decrease moisture.

## Athlete’s Foot Tips

- Avoid walking barefoot
- Use shower shoes.
- Change shoes and socks daily.
- Reduce perspiration by using talcum powder.
- Wear light and airy shoes.
- Wear socks that keep feet dry, and change them frequently if you perspire heavily.
- Visit your podiatric physician as part of your annual health checkup.

If your athlete’s foot doesn’t respond to proper foot hygiene and self care, and there is no improvement within two weeks, consult your podiatrist.

The podiatrist can determine a specific treatment plan, including the prescription of an antifungal medication.

For more information on foot care please visit [www.apma.org](http://www.apma.org) or call 1-800-Footcare (366-8227) for a free brochure.

HEALTH & FITNESS

Top tips for healthier eating on the go

**North American Precis Syndicate**  
*Featurette*

For many people, living life to the fullest often means going full speed ahead at the expense of healthy eating and good nutrition.

Fortunately, incorporating some simple changes can make long-term differences for a better diet-without sacrificing a fast-paced lifestyle.

When eating on the go, most people make three common mistakes that lead to unhealthy eating.

First, they don't plan ahead and end up making poor choices because they are pressed for time.

Second, they skip meals and then over-indulge later.

Third, they don't incorporate well-balanced meals into their day to support their active lives.

Here are five tips to help make it easier to eat healthfully while on the go:

1. **Plan ahead.**  
You're more likely to eat "fast food" if you don't have "good food" choices at your fingertips.  
For example, if you know you're going to be busy throughout the day with little time to break for a well-balanced meal, pack a healthy snack to put in your briefcase, gym bag or in your car. Insulated lunch bags are great for storing fruit, cheeses or even frozen meals.
2. **Stock up at work and home.**  
Keep your home and office fully stocked with pre-cut fresh fruits and vegetables, and other snacks such as low-fat yogurt and low-sodium soups.
3. **Make smart choices.**  
You don't need to deprive yourself of your favorite foods or even drastically reduce the amount you eat. Simply make smarter choices like opting for baked tortilla chips and salsa instead of potato chips and fatty chip dip.
4. **Don't skip meals.**

Often, skipping meals will lead to overeating.  
5. **Stock your freezer with low-calorie, low-fat frozen foods that you enjoy eating.**

Having delicious and nutritious, quick-fix food on hand can keep you from bingeing on something inappropriate.

It's important that you try to do something good for yourself every day. Eating on the go does not mean people need to sacrifice good food and a well-balanced diet.

Even the smallest changes can result in improved health and a more balanced lifestyle.



**Stock your freezer with healthy, quick-fix meals you can enjoy eating when on the go.**

Ouchless vaccines now available

**North American Precis Syndicate**  
*Featurette*

Immunization efforts are getting a shot in the arm thanks to technology that's taking the sting out of vaccinations.

Children need vaccinations to be protected against such dangerous diseases as measles, mumps and polio, as recommended by the American Academy of Pediatrics.

Eliminating the pain associated with these immunizations can help alleviate much of a child's fear of going to the doctor.

With a "topical skin refrigerant," immunization doesn't have to hurt any more.

Just before giving the injection, the doctor can spray the product-Gebauer's Ethyl Chloride(r)-directly onto the skin.

This spray cools and numbs the area temporarily, then swabbing the target area with antiseptic and quickly performing the desired activity.

Ultimately, this eases anxiety for both parent and child.

There will be no bad memories of painful shots or worries over the next inoculation by the youngster.

The Ethyl Chloride(r) anesthetic wears off in about two minutes, with virtually no side effects from its usage.

For more information about making shots less scary with the use of a skin refrigerant like Gebaur's Ethyl Chloride(r), call Gebauer at 1-800-321-9348.

# Lining up for a perfect shot

**Todd Murata**  
*Klipper Golf Course  
Manager*

One of the areas that we often overlook in addressing our ball is alignment. Most of the time we step up to the ball, look at

the flagstick a couple of times and swing away. And most of the time, we just assume that we had aligned ourselves properly to the target. When the ball doesn't take off down our intended target line, we then

blame it on a flaw in our swing. What most of us don't know is that improper ball direction is often caused by improper alignment to the target. The following steps will help you properly align yourself to the target.

Always approach your ball from behind so that you can visualize a target line running through your ball to the target. Once visualized, pick a point a few feet in front of your ball that falls on this line such as a divot, a small twig or leaf, or a dead spot in the turf.

Now, imagine a straight line from this point to your ball. Address your ball so that you first set your toes parallel to this line, then your knees, hips, and shoulders.

If done correctly you will have created an (imaginary) railroad track, with your ball sitting on the right rail extending through the target and you on the left rail extending just left of the target or vise versa if you are left handed.

Lastly, when you position your clubhead behind the ball make sure your leading edge is square to your target line.

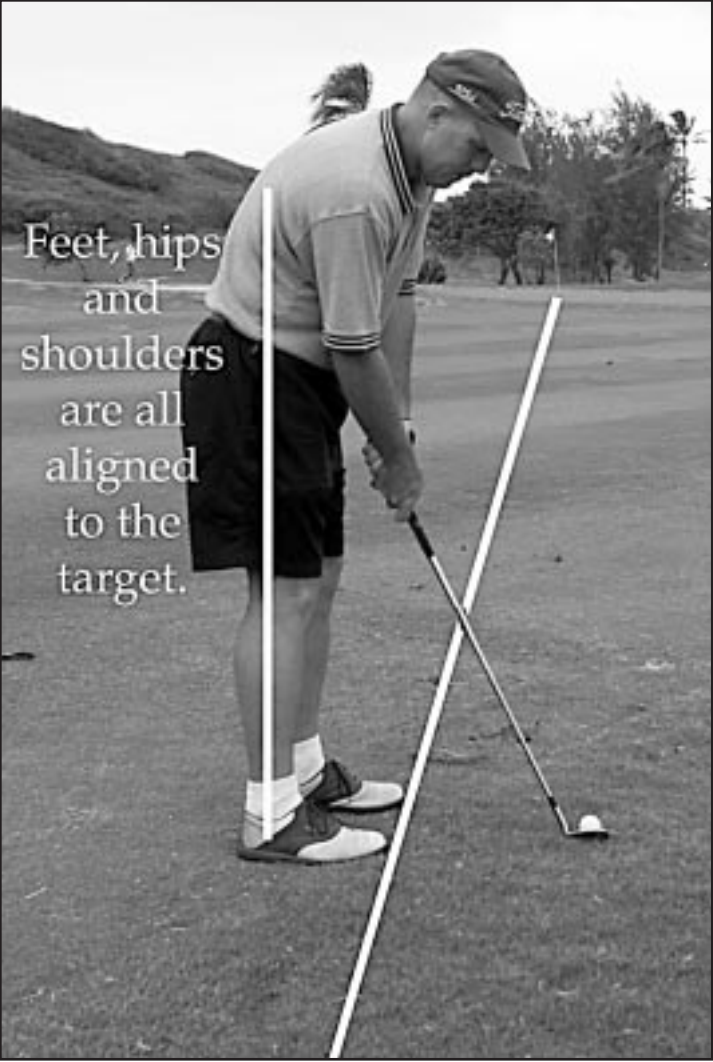


Photo illustration by Sgt. Roman Yurek

Proper alignment to the target improves accuracy.

# Hangin' with a star



Sgt. Alexis R. Mulero

Wendy Kojima, management assistant, assistant chief of staff, G-4 MCB Hawaii, poses for the camera with Bruce Willis March 21 during the actor's visit to MCB Hawaii, Kaneohe Bay.

# Sprint Triathlon returns with training available

**Debbie Baker**  
*MCCS Public Relations*

The entire island is invited to compete in Marine Corps Community Services and Marine Aircraft Group 24’s 6th Annual Sprint Triathlon aboard Marine Corps Base Hawaii, Saturday, May 4 at 7:30 a.m.

Either as individuals or as three-person relay teams, the Sprint Triathlon is comprised of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run.

Awards will be presented to top performers and every participant will be entered to win a free FELT F65 Racing Bike valued at \$1,100.

Registration fee that includes an exclusive Sprint Triathlon T-shirt is \$20 for military ID cardholders, \$25 for civilians and \$60 for 3-person triathlon teams.

Authorized military patrons may pick up Sprint Triathlon packets at the Semper Fit Center on May 2 and 3.

Interested civilian patrons may pick up packets at

Island Triathlon & Bike on May 2 and 3.

All contestants enduring the biking portion of the triathlon must pass an on-site Island Triathlon & Bike safety inspection and all bicycle riders must wear helmets.

Team Boca is offering six-week triathlon training session for any patron eager to get a jump on the competition for only \$140 beginning March 29.

All training is open to the public and will be con-

ducted on base and at Kailua Beach Park.

For more Sprint Triathlon or Team BOCA training information, call the MCCS Varsity Sport Coordinator, Steve Kalnasy at 254-7570.



NAPS

The longest post-season game in NFL history occurred on December 25, 1971, when the Miami Dolphins defeated the Kansas City Chiefs, 27-24, after 82 minutes, 40 seconds-including 22 minutes, 40 seconds of overtime.